

Birth Plan That Supports Breastfeeding Mothers

I _____ request that the following procedures be followed as long as they are medically safe for me and my baby:

- Labor will be allowed to start and stop without medications unless medically indicated.
- Artificial rupture of membranes, episiotomy and other surgical interventions will be performed only if medically necessary
- My designated support people will be allowed to stay with me
- I will be allowed to move, change positions, take a shower, have a massage and walk, as much as possible during labor.
- I will not be on a continuous drip IV when a Heparin Lock is adequate for quick access in case of an emergency
- I will be allowed to drink clear liquids and light foods during early labor
- When my baby is born, I will be allowed to hold him/her skin to skin once dried, and the baby's evaluations will be performed while in contact with me and not removed until he/she has had his first breastfeeding.
- I will be allowed 24 hour rooming in with staff available to help me and teach me how to breastfeed
- My baby will not be given pacifier, bottles, water or formula without my consent and the medical order of his/her doctor.
- My baby will be brought to me if for some reason he/she is not in my room and is giving hunger cues, such as sucking hands or making sucking sounds, moving the head towards the mother or, in very sleepy babies, eye movements under the eyelids – BEFORE he/she is crying.
- Upon discharge, my baby will have an appointment for a health checkup and I will be given the names of resources, in case I need help with breastfeeding.
- If my baby is unable to breastfeed or is separated from me due to a medical condition, I will be provided and instructed on how to use a breast pump within 6 hours after delivery.